

Creamy White Beans With Peas and Asparagus

Serves 2

Time 20 minutes

Vegan

Common Allergens Soy, sesame

Recipe from [Recipes and Places](#)

Ingredients

- 2 tablespoons extra virgin olive oil, divided
- $\frac{3}{4}$ cup shallots, finely diced (about 3 medium shallots)
- 1 (15 ounce) can cannellini beans, rinsed and drained
- 2 tablespoons nutritional yeast
- $\frac{1}{4}$ cup water or stock
- Salt and pepper to taste
- 1 teaspoon miso paste diluted in some water
- $\frac{1}{2}$ pound asparagus, tough ends removed and cut into 1 inch pieces
- $\frac{1}{2}$ cup frozen peas
- 1 tablespoon lemon juice
- 1 tablespoon toasted sesame seeds
- Crusty bread



Instructions

1. Heat a large skillet over medium heat. Add $\frac{1}{2}$ tablespoon olive oil. Add asparagus and cook for 2 minutes, stirring occasionally. Add frozen peas and cook until peas are thawed and asparagus is tender. Season with salt and pepper to taste. Remove from pan to use it for next step.
2. Heat the emptied skillet over medium heat. Add remaining $1 \frac{1}{2}$ tablespoons olive oil. Add the shallots and cook until translucent and golden brown, about 5-8 minutes.
3. Once the shallot is browned, add the beans, nutritional yeast, and water or stock. Let it cook until reduced and creamy. Mash about $\frac{1}{3}$ of the beans to make it creamier. Add more water as needed to keep it creamy. Stir in miso paste, then add more salt to taste if necessary. Add lemon juice.
4. To serve, spread the bean mixture on a plate, top with the vegetables, a drizzle of olive oil, garnish with sesame seeds, and serve with crusty bread.